

AAPYAM AYURVEDA FOUNDATION ®

YEAR REPORT 2015 - 16



AAPYAM AYURVEDA FOUNDATION ®

Gandhinagar Circle, New BH Road, Sagar, Karnataka- 577401

(O) 08183 - 229977, aapyamayurvedafoundation@gmail.com

AAPYAM AYURVEDA FOUNDATION ®

Gandhinagar Circle, New BH Road, Sagar, Karnataka- 577401

(O) 08183 - 229977, aapyamayurvedafoundation@gmail.com

Chief Patron : Dr. Prasanna N . Rao

Chairman : Dr. Niranjana Hegde

Co- chairmen : Dr. Hemachandra Shetty

Managing Trustee : Dr. Sriharsha K. V

Treasurer : Dr. Ravi K V

Members :

- Dr. Pankaj B. Patil**
- Dr. Shree Patil**
- Dr. Pradeep E. K**
- Dr. J. M. Prajwal Kumar**
- Dr. Sahana N Hegde**
- Dr. Deepak B. S. R**
- Dr. Shruthi Rama Sharma**
- Dr. Poornima A**



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Current profile of members

Sl No	Name	Qualification	Current Profile
1.	Dr. Niranjana Hegde	MD(Ayu)	Chief Consultant,Aapyam Ayurveda Treatment Centre, Sagar, Shimoga Dist, Karnataka 577401
2.	Dr.Hemachandra Shetty	MS (Ayu)	Chief Consultant, Aapyam Ayurveda Clinic, Madyantar Belthangady, Manglore 574224
3.	Dr.Sriharsha K V	MD (Ayu)	Lecturer, Dept of Samhitha, Sri Sri Ayurveda, Bangalore
4.	Dr.Ravi K V	MD (Ayu)	Asst Prof, SDM College of Ayurveda, Udupi
5.	Dr.Prajwal Kumar	MD (Ayu)	Chief Consultant, Aapyam Chigateri Clinic, Janakal, Chitradurga District
6.	Dr.Pradeep E. K	MD (Ayu)	Chief Consultant, Aapyam Mudai Clinic, Malpe, Udupi 576102
7	Dr.Sahana N Hegde	MD (Ayu)	Chief Consultant, Aapyam Ayurveda women and child Health Care, Vinu Plaza, Near Marikamba Temple, JC Road Sagara

8.	Dr. Shruthi R Sharma	MS (Ayu)	Alvas Ayurveda , Moodbidri
9.	Dr. Deepak BSR	MD (Ayu)	Chief Consultant, Souparnika 3 rd Main, 3 rd Cross, Basaveshwaranagara Shimoga - 577204
10.	Dr. Pankaj Patil	MD (Ayu)	Chief Consultant, Patil Hospital 2 nd floor butale building Beside Raj Computers, Halyal Circle Athani
11.	Dr. Shree Patil	Ayurvedacharya	Chief Consultant, Patil Hospital 2 nd floor butale building Beside Raj Computers, Halyal Circle Athani
12	Dr. Poornima A	Ayurvedacharya	Chief Consultant, Thunga Clinic, Opposite St.John's PU College, Shankarapura Udupi

ನೀವೂ ನಮ್ಮ ಜೊತೆ ಹೆಜ್ಜೆ ಇಡಿ. . .

ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸಮಾಜಮುಖಿ ಕಾರ್ಯಗಳಿಗೆ ನೀವೂ ಕೈ ಜೋಡಿಸಿ. ಓಗಿಗೆ ನಮ್ಮೊಂದಿಗಿರುವುದು....

- ದಾನಿ ಸೇವೆಗಳಿಗೆ ಸಕ್ರಿಯರಾಗುವುದು.
- ಸಂಸ್ಥೆಯ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಆರ್ಥಿಕ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಸಹಭಾಗಿತ್ವ ವಹಿಸುವುದು, ಇಲ್ಲವೇ ಪ್ರಯೋಜನಕರವಾಗುವುದು.
- ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳ ರಾಜ್ಯ/ರಾಷ್ಟ್ರ/ಅಂತರರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಸಂಯೋಜಕರಾಗಿ, ತಮ, ಮನ, ಧನದ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಮೂಲಕ ಕೈತ್ತವ ಅಗತ್ಯತೆಗಳಿಗೆ ಸಂದಿಸುವ ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡುವುದು.

Join our pace....

You can be a part of the endeavors of our foundation in the following ways

- Become a Donor member.
- Monetary support.
- Organizational association/ sponsorship.
- Instrumental as convener/s for State/
- National/ International level pro-grammes.

ಗಾಂಧಿನಗರ ವೃತ್ತ, ಸ್ಟು ಟಿ.ಹೆಚ್. ರಸ್ತೆ, ಸಾಗರ - ೫೬೬ ೪೦೧
ಹಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ, ಕರ್ನಾಟಕ, ಭಾರತ. ದೂರ: ೦೮೧೫೬ - ೨೨೯೯೬೬
ಇ-ಮೇಲ್: aapyaayurvedafoundation@gmail.com
ಜಾಲ: www.aapyaayurveda.com

Aapyam Ayurveda Foundation ®

Reg No.: 15GR-4-0089-2013-14

Chief Patron

Dr. Prasanna N. Rao

Principal, SDM College of Ayurveda & Hospital, Hassan

Chairman

Dr. Niranjan Hegde

Sagara, Shivamogga. Ph: 94815 92737

Co - Chairman

Dr. Hemachandra Shetty

Madantur, Mangalore. Ph: 96329 54241

Managing Trustee

Dr. Sriharsha K. V

Bengaluru. Ph: 98803 73322

Treasurer

Dr. Ravi Bhat

Andole, Hassan. Ph: 96324 52121

Trustees

Dr. Pankaj B. Patil

Dr. Shree Patil

Athani, Belgaum. Ph: 99162 60282

Dr. Pradeep E. K

Perumde, Katsaragodu Ph: 94489 52900

Dr. J. M. Prajwal Kumar

Hosur, Chitradurga. Ph: 98701 52843

Dr. Sahana Shankari

Sagara, Shivamogga. Ph: 82771 18289

Dr. Deepak B. S. R

Shivamogga. Ph: 94805 44164

Dr. Shruthi Rama. Sharma

Bengaluru. Ph: 98862 18758

Gandhinagar Circle, New BH Road, Sagara - 577 401
Shivamogga Dist, Karnataka, India. Ph: 08153-229977
e-mail: aapyaayurvedafoundation@gmail.com
web: www.aapyaayurveda.com

Aapyam Ayurveda Foundation®



ಆಪ್ಯಂ

ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦)

ಭಿನ್ನ ಭುಗಿಳ ಇಂದ್ರಧನುಸವದು, ಬೈತೃತೀಯಿಣಿ ಚಾಮರ |
ಉಗುರು ಹಸಿರಲಿ ಪರಿವ ಹೂದಿಗೆ ತೊನೆವ ಭರವಸೆ ಖ್ಯಾಮರ ||
ನೈಜ ಬದುಕಲಿ ವೇದಸಾರವ ಮಿಳಿಸಿ ನುಡಿಸುವ ನೂಪುರ |
ಭಿನ್ನ ಕಂಠದಿ ಇಂಪು ದನಿಯನು ಸ್ಪೂರಿಸಿ ಜೀವುವ ಗೋಪುರ ||

AAPYAM AYURVEDA FOUNDATION ® is a pioneering organization of dedicated young minds enduring the task of engendering the authentic principles of Ayurveda for societal welfare. Since, inception on 13th September 2013, it is in vision of gratifying varied facets of Ayurveda to factions of all ages with utmost conscientiousness.

Accomplished/ Intended Programmes :
Aapyam Ayurdhara - Ayurveda awareness programme for general public.

Aapyam Prabodhana - National level Motivational Symposiums for budding Ayurveda Physicians

Aapyam Samvada - A platform to communicate the issues and challenges concerned with Ayurveda fraternity with policy makers.

Aapyam Maanini - Sensitization programmes specially designed for women

Aapyam Mitra - Resolving problems pertaining to teenagers.

ಆಪ್ಯಂ ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦) ಆಯುರ್ವೇದದ ತನ್ನ ಸಿದ್ಧಾಂತಗಳನ್ನು ಸಮಾಜಮುಖಿಯಾಗಿ ರೂಪಿಸುವ ಜಮಾಬಂದಿಯನ್ನು ಹೊತ್ತಿರುವ ಯುವ ಶಕ್ತಿಯ ಸಂಕೇತ. ಸೆಪ್ಟೆಂಬರ್ ೧೩, ೨೦೧೩ರಲ್ಲಿ ಸ್ಥಾಪಿತವಾದ ಪ್ರತಿಷ್ಠಾನವು, ಆಯುರ್ವೇದದ ವಿವಿಧ ಆಯಾಮಗಳನ್ನು ಪ್ರತಿನಿಧಿಸುವ ಬೋಧನಾಪದ್ಧತಿ ಜನಸಾಮಾನ್ಯರಿಗೆ ತಲುಪಿಸಿ, ಸ್ವಲ್ಪ ಸಮಾಜ ನಿರ್ಮಾಣದ ಕೆಲಸ ಕಾಣುತ್ತಿರುವ ವೈದ್ಯಕ ಕಂಡ.

ಸಾರಗೋಷ್ಠಿ/ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮಗಳು:

ಆಪ್ಯಂ ಆಯುರ್ಧಾರ - ಜನಸಾಮಾನ್ಯರಿಗೆ ಆಯುರ್ವೇದ ತಿಳುವಳಿಕೆ - ಪಾಠ್ಯಕ್ರಮ.

ಆಪ್ಯಂ ಪ್ರಬೋಧನಾ - ಸ್ನಾತಕ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕಾರ್ಯಾಗಾರ.

ಆಪ್ಯಂ ಸಂವಾದ - ಆಯುರ್ವೈದ್ಯರೊಳಗಿನ ಸಮಸ್ಯೆ, ಸಮಸ್ಯೆಗಳಿಗೆ ಸರಳರೂಪದಲ್ಲಿ ಸಂವಾದ, ಮನವಿಗಳಿಗೆ ವೇದಿಕೆ.

ಆಪ್ಯಂ ಮಾನಿನಿ - ಮಹಿಳೆಯರ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ, ಆಯುರ್ವೇದ ಪರಿಚಾರ.

ಆಪ್ಯಂ ಮಿತ್ರ - ಹದಿವರೆಯುವ ವಿದ್ಯಾರ್ಥಿಗಳ ಜೀವನದ ಗೊಂದಲಗಳಿಗೆ ಸ್ಪಷ್ಟೀಕರಣ ಪರಿಚಾರ.

Aims & Objectives

The foundation caters to the following three sectors

For the Science

- To create appropriate platforms for growth of Ayurveda aiming at its worldwide acceptance.
- To make Ayurveda as an integral part of health care management.
- To standardize the traditional knowledge on scientific parameters.
- To document and publish Ayurvedic literature, manuscripts, journals in a scientific manner.

For the Doctoral Community

- To encourage principle oriented practice in Ayurveda.
- Creating platform for development of clinical skills.
- To establish clinical institutes for self development of Ayurveda graduates.
- To organize and conduct educational and awareness programmes.

For the Public

- Awareness towards application of principles and herbs for better health
- Encourage cultivation of medicinal plants.
- To grant aid in cash or kind for poor needy students.
- To establish, run and manage public utility ventures.

ಧೈಯೋದ್ದೇಶಗಳು

ಪ್ರತಿಷ್ಠಾನವು ತನ್ನ ಕಾರ್ಯತಂತ್ರಗಳನ್ನು ಮೂರು ಸ್ತರಗಳಲ್ಲಿ ನಿರ್ವಹಿಸುತ್ತಿದೆ

ಆಯುರ್ವೇದದ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ

- ಆಯುರ್ವೇದದ ಬೆಳವಣಿಗೆಗೆ ಸೂಕ್ತ ನೆಲೆಗಟ್ಟನ್ನು ರೂಪಿಸುವುದು ಮತ್ತು ಜಾಗತಿಕವಾಗಿ ಸ್ವೀಕೃತಿಗೊಳಿಸುವುದು.
- ಆಯುರ್ವೇದದ ಸಮಗ್ರ ಆರೋಗ್ಯದೃಷ್ಟಿಯ ಅಧಿಭಾಷ್ಯ ಅಂಗವನ್ನಾಗಿಸುವುದು.
- ಪಾರಂಪರಿಕ ವೈದ್ಯ ಪದ್ಧತಿಯ ವೈಜ್ಞಾನಿಕ ಪುನರ್ನಿರ್ಮಾಣ.
- ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರ ಸಾಹಿತ್ಯವನ್ನು ದೃಢಪಡಿಸುವ ದಿನಿಯಲ್ಲಿ ಅಪ್ರಕಟಿತ ಆಯುರ್ವೇದ ಸಾಹಿತ್ಯದ ಪುನಶ್ಚೇತನ ಹಾಗೂ ನಿಯತಕಾಲಿಕಗಳ ಪ್ರಕಾಶನ.

ವೈದ್ಯವೃಂದದ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ

- ಸಿದ್ಧಾಂತ ಆಧಾರಿತ ಚಿಕಿತ್ಸೆಯ ಪುನರ್ನಿರ್ಮಾಣ ಹಾಗೂ ಅದರ ಅನುಷ್ಠಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ.
- ಚಿಕಿತ್ಸಾ ನೈಪುಣ್ಯತೆಯ ಸಿದ್ಧಿ ಮತ್ತು ಅನುಷ್ಠಾನಕ್ಕೆ ವೇದಿಕೆ ನಿರ್ಮಾಣ.
- ಆಯುರ್ವೇದ ವೈದ್ಯರ ವೃತ್ತಿಪರತೆಗೆ ಪ್ರೋತ್ಸಾಹವಾಗುವ ಸಂಸ್ಥೆಗಳ ಸ್ಥಾಪನೆ.
- ವೈದ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಶೈಕ್ಷಣಿಕ ಮತ್ತು ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳ ಆಯೋಜನೆ.

ಸಾಮಾಜಿಕ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ

- ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಕ್ಕೆ ಆಯುರ್ವೇದ ಸಿದ್ಧಾಂತ ಹಾಗೂ ಗಿಡಮೂಲಿಕೆಗಳ ಉಪಯೋಗದ ಬಗ್ಗೆ ಸೂಕ್ತ ತಿಳುವಳಿಕೆ.
- ಔಷಧೀಯ ಸಸ್ಯಗಳ ಕೃಷಿಗೆ ಪ್ರೋತ್ಸಾಹ.
- ಪ್ರತಿಭಾವಂತ ಬಡವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅಗತ್ಯ ಪ್ರೋತ್ಸಾಹ.
- ಸಾರ್ವಜನಿಕ ಉಪಯೋಗಕ್ಕೆ ಯೋಜನೆಗಳ ಅನುಷ್ಠಾನ ಮತ್ತು ಪಾಲನೆ.

Current Address of the members

SIN o:	Name	Address
1.	Dr. NiranjanaHegde	Aapyam Ayurveda Treatment Centre, Sagar, Shimoga Dist, Karnataka 577401
2.	Dr.HemachandraShetty	Durga Krupa House, Ballamanja, Machina Beltangady (Tq) 574224 DK
3.	Dr.SriharshaK V	136, 4 th main 4 th cross, Gaurav Nagar, IP Nagar 7 th phase, Bengaluru 560 078
4.	Dr.Ravi K V	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118
5.	Dr.Prajwal Kumar	Jaankal, Hosadurga Tq Dist. Chitradurga 577527
6.	Dr.Pradeep E. K	Edakkana House, Post Permude via Mangalpady, Kasaragod Kerala 671324
7	Dr.Sahana N Hegde	Aapyam Ayurveda women and child Health Care, Vinu Plaza, Near Marikamba Temple, JC Road Sagara
8.	Dr. ShruthiR Sharma	#295, “Nanasu”, 9 th main Poornaprajna Layout
9.	Dr. Deepak BSR	#1, “Souparnika” 3 rd Main, 3 rd Cross
10.	Dr. Pankaj Patil	Opp. Sanjay Gandhi English Medium School P.O Athani
11.	Dr. ShreePatil	Opp. Sanjay Gandhi English Medium School P.O Athani
12	Dr. Poornima A	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118



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Date : 13/09/2015
Venue : Aapyam Ayurveda Hospital, Sagar
Time : 9am- 1pm
Theme : Urdhvanga
Organizers : Aapyam Ayurveda Hospital, Aapyam Ayurveda Foundation Sagar

Participants :28

Co – ordained by:

Dr. Niranjan Hegde

Chairmen, AAF® Sagar.

Urdhvanga – A medical camp on the specialty of Shalakya tantra was organized at Aapyam Ayurveda Hospital, Sagar.

Awareness speech :

Subject:

- Discussed on the reason for diseases of Eye, Nose and ear
- Dinacharya and rutucharya to prevent these diseases
- Interaction with people for the same

Medical Camp:

Around 28 patients of various diseases related to Shalakya Tantra like, Pratishyaya, Suryavarta, Anantavata, Naktyadhyata dhoomadarshi were treated

Guest Speaker and Consultant : Dr. Hemachandra Shetty



Consultation



Patients waiting





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Date : 15/11/2015

Venue : Mysore

Time : 9am-

Theme : Release of third edition of Aapyam Arogya

Organizers : Aapyam Ayurveda Foundation Sagar

Participants :285

Release of Third edition of Aapyam Arogya magazine on the occasion of the Seminar conducted by Prakriti Ayurveda Pratishtana, Mysore on “**Chronic Kidney Disease and its management in Ayurveda**” at Shivamogga.

Aarogya is a quarterly magazine, owned and published by Aapyam Ayurveda Foundation ® , which focuses on various essential informations regarding Ayurveda for public.

Aim of Aarogya is to reach the common man and to explain the benefits of Ayurveda and its different treatment modalities & other realities of Ayurveda

Co – ordained by:

Dr. Niranjan Hegde

Chairmen, AAF® Sagar.





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Date : 07/02/2016

Venue : J P Nagar, Bengaluru

Time : 10 am – 1 pm

Theme : Aapyam Aduge

Organizers : Sri Tulasi Ayurvedalaya, Bengaluru, Aapyam Ayurveda Foundation Sagar

Participants : 30

A unique programme conducted by Sri Tulasi Ayurvedalaya Bengaluru and Aapyam Ayurveda Foundation Sagar. In the programme various dishes were prepare which are mentioned in Ayurveda having good health benefits.

Special Dishes prepared:

- **Punarnava Chatni**
- **Amrutha balli halva**
- **Khharjuradi Mantha**
- **Chincha Panaka**
- **Yava Saktu**

Guest Speech:

- Discusses about health in Ayurveda
- Maintenance of health through diet
- Incompatible (viruddha) foods

Guest speaker: Dr. Nikhila Hiremath

Associate Professor

Sri Sri Ayurvedic Medical College Bengaluru

Co – ordinated by:

Dr. Sriharsha K V

Manager, AAF® Sagar.



Welcome speech



Preparing the Dishes



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Date : 13/02/2016

Venue : Shivamogga

Time : 9am – 5pm

Theme : “Clinical understanding of a case”,

Organizers : Prakriti Ayurveda Pratisthana, Mysore. Aapyam Ayurveda Foundation Sagar

Participants : 100

Co – ordained by:

Dr. Niranjana Hegde

Chairman, AAF® Sagar.

One day seminar organized by Prakriti Ayurveda Pratisthana, Mysore in co ordination with Aapyam Ayurveda Foundation Sagar, On the topic of Clinical understanding of a case in Ayurveda. Details of the programme,

Particulars	Spearhead
Prayer	Deligates
Welcome Speech	Dr.Prasanna Venkatesh Sriranga Ayurveda Nilaya
Inauguration –Lighting the lamp	By Guests
Keynote address	Dr. NiranjanaHegde- Chairman, AAF

Vote of Thanks	Dr. Shilpa
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SESSIONS

Sl. No	Topic	Resource Person
1.	Vyadhi vinishchaya- Understanding a case in Ayurveda	Dr Patanjali Purappemane
2.	Presentation of Disease	Dr. Gururaj M B Ex Pricipal, Bapuji Ayurveda College Shivamogga
3.	Treating a disease – Case study	Dr. Ashwin . Department of Shalakya Tantra. Hariharapura
4.	Medicine in Ayuurveda	Dr. Venkata Krishna . Ayurlife shimoga
5.	Roga in Ayurveda – Case study understanding	Dr. P V Ramesh. Partha Ayurveda Ashrama. Koppa
6.	Panchakarma and Disease – a Case study	Dr Jitendra
7.	Panel Discussion	All the doctors



Inauguration of the programme



Speech by Dr. Niranjan Hegde



Speech by Dr. Patanjali



Participants of the seminar



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(O) 08183 – 229977, aapyamayurvedafoundation@gmail.com

Date : 21/02/2016
Venue : Sri Mahisha Mardhini Sabha Bhavana, Peranki Madyantaru
Time : 9am – 5pm
Theme : “Free medical camp”,
Organizers : Sri Mahisha Mardini Seva Trust, Parenki, Aapyam Ayurveda Chikitsalaya, Madyantaru, Department of Ayush, Mangaluru Aapyam Ayurveda Foundation Sagar
Participants : 200

Co – ordained by:

Dr. Hemachandra Shetty

Co-Chairmen, AAF® Sagar.

Details of the programme

Particulars	Spearhead
Prayer	Students of Madyantaru
Welcome Speech	Dr. Hemachandra Shetty
Inauguration –Lighting the lamp	Dr. Devdas Putran, DAO, Mangaluru
Keynote address	Dr. Niranjan Hegde
Presidential Address	Mr. Rathnakar Shetty

	Peranki Temple
Chief Guest	Dr. Rajesh Pandi Madyantaru
Vote of Thanks	Members of Sri Mahisha Mardhini Seva Trust, Peranki

SESSIONS

Sl. No	Topic	Resource Person
1.	Child and women health in Ayurveda	Dr. Sahana Shankari
2.	Concept of Diet in Ayurveda	Dr. Ravi K V

Free Ayurveda Medical Check-up Camp

(Multi Specialty in Ayurveda)

Specialties

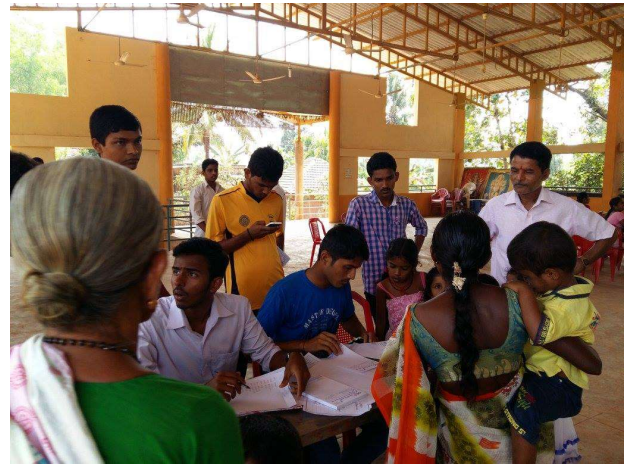
Specialty	Consultant
Psychiatry	Dr. Niranjana Hegde
Ano-rectal disorders	Dr. Thameem
Orthopedic	Dr. Ravi K V
Dermatology	Dr. Govinda Krishna
Gynecology	Dr. Sahana Shankari
Pediatric	Dr. Sharaschandra

Total number of patients treated: 360



Public gathered

Medical Camp







AAPYAM AYURVEDA FOUNDATION ®

Gandhinagar Circle, New BH Road, Sagar, Karnataka- 577401

(O) 08183 – 229977, aapyamayurvedafoundation@gmail.com

Date : 08/03/2016
Venue : Shatanjeeva Ayurveda, Shivamogga
Time : 9am – 5pm
Theme : “Obesity Camp”,
Organizers : Aapyam Ayurveda Foundation Sagar

Participants :34 pts

Subjects:

1. Introduction to ayurveda
2. Obesity in Ayurveda and its Treatment
3. Lifestlye and its effect on Health
4. Mediacamp

Speaker

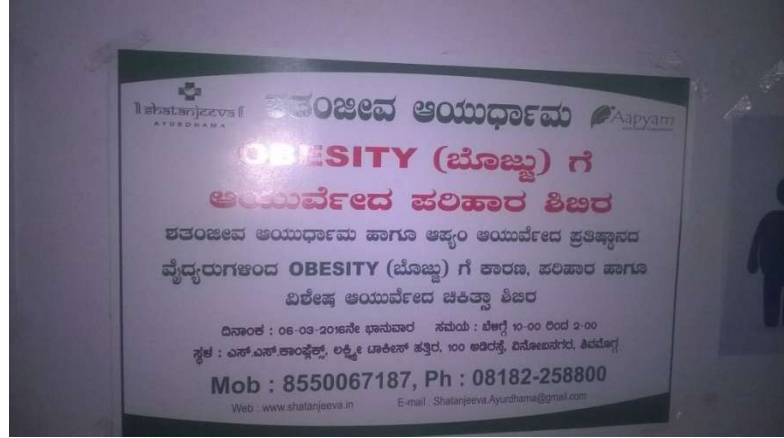
Dr Sriharsha K V
Dr. NIranjan Hegde

Discussion:

- Doubts were cleared about treatment in Ayurveda
- Around 35 patients were treated under the medical camp

Co – ordinated by:

Dr. Sriharsha K V
Manager, AAF® Sagar.



Inaguration



Key Note address



Guest Speech



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Date : 03/07/2016

Venue : Hotel Rama, Hassan

Time : 10am

Theme : Release of 4th edition of Aapyam Arogya

Organizers : SdM College of Ayurveda , Hassan and Aapyam Ayurveda Foundation Sagar

Participants :

Release of fourth edition of Aapyam Arogya magazine on the occasion of the “Samavaya 2016” Alumni Meet at SDM College of Ayurveda, Hassan

Aarogya is a quarterly magazine, owned and published by Aapyam Ayurveda Foundation ® , which focuses on various essential informations regarding Ayurveda for public.

Aim of Aarogya is to reach the common man and to explain the benefits of Ayurveda and its different treatment modalities & other realities of Ayurveda

Special Features – Special Articles:

Doubts about diseases – Myth and truth

Side effects of taste

Happiness and sadness of pregnancy.

Co – ordinated by:

Dr. Sriharsha K V

Manager, AAF® Sagar.

Sri Dharmasthala Manjunatheshwara
College of Ayurveda & Hospital, Hassan



Samavaya





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Date : 31/07/2016

Venue : JP Nagar, Bengaluru

Time : 10am – 1 pm

Theme : Aapuum Ayur- Aduge

Organizers : Sri Tulasi Ayurvedalaya, Bengaluru, Aapyam Ayurveda Foundation Sagar

Participants : 42

A unique programme conducted by Sri Tulasi Ayurvedalaya Bengaluru and Aapyam Ayurveda Foundation Sagar. In the programme various dishes were prepared as per the references of various acharyas.

Special Dishes prepared:

- **Changeri Chatni**
- **Prinana Shadava**
- **Swadista Khala**
- **Parnayasi Vyanjana**
- **Tanvistaka**
- **Modak**

Guest Speech:

- **Pathya in diseases**
- **Regulation of medicine through ahara**

Guest speaker: Dr. Nikhila Hiremath

Associate Professor

Sri Sri Ayurvedic Medical College Bengaluru

Co – ordained by:

Dr. Sriharsha K V

Manager, AAF® Sagar.



Welcome speech



Preparation



Guest Speech



Prepared Dishes



